

PARANORMAL UNDERGROUND®

Volume 13, Issue 8

August 2020

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TO HEAVEN?

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MUSEUM
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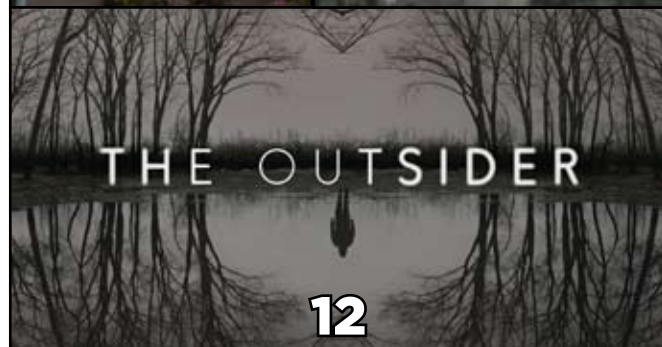
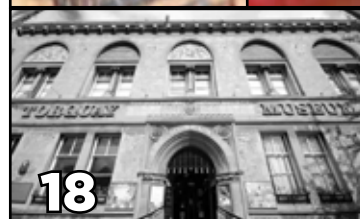
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As an investigator and evidence analyst with Spectral Tech, Bob and the team help their clients find answers while helping to educate them about the paranormal in the process. As a special projects manager primarily involved in process engineering, and because documentation and analysis is paramount to serious investigations, Bob was drawn to take more than a passing interest and become actively involved in the study of different paranormal phenomena.

He has a bachelor's degree in applied organizational management and a bachelor's in metaphysical science from the University of Metaphysics. Bob is also an ordained minister/metaphysical practitioner with the International Metaphysical Ministry.

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SARAH GERLIN

Sarah Gerlin is a writer and editor living in NYC. The first book she remembers being genuinely haunted by was *Child of God* and loves that she gets to write about anything horror-related on *The Lineup*.

Originally hailing from Boston, Sarah spends most of her time waiting for *The Winds of Winter* to be released and watching any movie directed by Alejandro Iñárritu.

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Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.



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Orrin is a writer, editor, amateur film scholar, and monster expert who was born on the night before Halloween. His stories of ghosts, monsters, and sometimes the ghosts of monsters have appeared in dozens of anthologies, including *The Best Horror of the Year*, and been collected in *Never Bet the Devil & Other Warnings* and *Painted Monsters & Other Strange Beasts*, while his writing on horror cinema has been collected into *Monsters From the Vault*.

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RICK HALE

A native of Chicago, Illinois, Rick has had an interest in anomalous phenomena since having a positive encounter with an apparition at an early age.

He is the deputy editor of *Mysterious Phenomenon* for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.



CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 30 years of experience as a professional writer and



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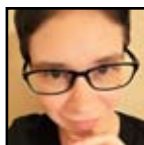
Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

www.paranormalunderground.net

MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.



ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

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Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood. The silk road of life has led Rainbow in many directions: cowgirl, medi-



cine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

www.truthseekerforum.com

PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.

Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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CHAD WILSON

Freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

www.paranormalunderground.net ♦



Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc. Your submission can be anonymous!



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I'm a Spiritual Being in Human Form ... But It's Not Always Easy to Remember

One of the hardest challenges I face in life is remembering that we're all spiritual beings living a human existence. And it's especially hard for me to remember this when I encounter someone who is hateful, violent, or vengeful.

I want to look past a person's actions and see them for the pure spiritual being they are ... here in human form to learn and teach. Whether it is a despised political figure, someone espousing views that I don't agree with, or even a family member who has treated me poorly, I usually let their actions toward me sway how I feel about them on the surface.

I find it extremely hard to separate their actions from the spiritual beings that they are, that we all are. I do not think of all the times I might have wronged someone or made them feel bad, even unintentionally. I feel like I, as a person living in the material world, have some things I need to ask forgiveness for too.

I think I've finally realized that judging others for what they do during their human existence is pointless. Yes, people do bad things, but are they truly bad people at heart? Or are they living up to the agreement their soul made with your soul, and other souls, in between lifetimes? Are they teaching themselves

and others at the same time by the actions they take?

For instance, let's talk about our current political climate as an example. Are politicians and their supporters on the other side of your viewpoint bad? Or are they here to teach us something in the moment that will last far into the future? The current political landscape has also led me to the realization that some people see the world much differently than I do. That shouldn't make us enemies; we should instead be learning from each other.

But ... how do I move past my human feelings of disdain for the people that espouse hate or worse? I feel the best way is to start by separating the action from the individual. By looking at the individual as a spiritual being on the same journey as I am on. In essence, I don't dislike the spiritual being that they are; I dislike the actions of their physical selves.

Ultimately, though, it's important to keep in mind that most of our journeys are shaped by the people in our lives and the things that happen to us, especially when we are young.

Most of all, I need to keep in mind that as hurtful as someone's actions might be, they are helping me to learn and grow spiritually. And isn't that why we are here in the first place? ♦



Chad Wilson,
Publisher



Because most paranormal events have been cancelled due to the COVID-19 pandemic (also known as the novel coronavirus), in place of our Calendar of Events this month, we are providing you with a list of coronavirus resources.

For information on the pandemic, you can visit the links below:

World Health Organization

www.who.int/emergencies/diseases/novel-coronavirus-2019

- How to Protect Yourself
- Country & Technical Guidance
- Your Questions Answered
- Travel Advice
- Situation Reports

Centers for Disease Control and Prevention

www.cdc.gov/coronavirus/2019-ncov

- How to Protect Yourself
- If You Think You Are Sick
- What You Need to Know
- Resources for the Community

Harvard Health Publishing: Harvard Medical School

www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center

- FAQs About Coronavirus and COVID-19

- Podcasts, including “How to Conquer Your Anxieties During the COVID-19 Outbreak”
- Questions and Answers

The White House/CDC/FEMA

www.coronavirus.gov

- How to Prepare and Protect Yourself
- What to Do if You Think You Are Sick
- What Are the Symptom?
- Who Is at Highest Risk?
- What Is Social Distancing?

U.S. Department of Labor

www.dol.gov/coronavirus

- Workplace Safety
- Wages, Hours, and Leave
- Unemployment Insurance
- Support for Dislocated Workers and States
- Job Corps Students
- And more work-related issues due to the coronavirus

National Institutes of Health

www.nih.gov/health-information/coronavirus

- Symptoms and Testing
- Prevent Getting Sick
- Daily Life and Coping
- If You Are Sick
- People Who Need Extra Precautions ♦

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SPOOKS AND MONSTERS ON EARTH AND BEYOND

BY MORGAN LINEBERRY

VAMPIRE SLAYER KIT FOR SALE

Is your secret dream job to hunt vampires? If so, Mindy Weisberger of *Live Science* has good news for you: “An antique, brass-trimmed wooden box holds all the tools that you might require in order to slay a vampire, including a 19th-century bible, crucifixes and a pistol.”



The vampire-slaying kit, worth between \$2,500 to \$3,700, is up for auction. Hansons Auctioneers in Derbyshire, England, began taking bids for the box on July 21. The silk-lined box has an oval enamel painting showing Christ’s resurrection and an ivory carving of a wolf wearing a hooded robe and carrying rosary beads. So do the “tools” in the kit also kill werewolves in addition to vampires? The auction listing doesn’t say.

GHOST LADY HAS STRANGE REQUEST

Too bad the vampire-slayer kit mentioned above doesn’t help with unwanted spirits, like the “spooky lady” one little boy says visits him at night. The *Mirror’s* Courtney Pochin recently shared the unsettling story of a toddler’s ghostly encounters: “He’s been seeing a strange lady in his room each night — and she makes a rather bizarre request.”



The two-and-a-half-year-old explains that the eerie woman “says that she has to get something from his room,

and she wants to put something on his foot.” While the family is hoping that this is nothing more than a recurring nightmare that soon passes, they are receiving helpful suggestions to find out for sure, including purchasing a nanny cam so they can see if it is really a ghost.

ARE UFOs A THREAT?

While we are investigating all things spooky, Luis Elizondo, who used to head a top-secret U.S. government agency that investigated UFOs, thinks we should keep investigating UFOs to determine if they are a threat.



“There’s something in our sky, and we don’t know what it is. We don’t know where it’s from. Is that a problem? From a national security perspective, yes, it’s a problem,” Elizondo said, according to *Live Science*. Elizondo and others investigate that question in the second season of the series “Unidentified: Inside America’s UFO Investigation,” which airs on the History Channel.

CREEPER CAUGHT ON VIDEO

Luke Matthews of the *Mirror* recently reported on a terrifying encounter caught on video. “A heavily pregnant woman who was filming her baby bump moving was left terrified after watching the footage.”



Why? Because at the end of the video there is something strange in the background.

Although there were no other people in the house, you can clearly see “a terrifying figure appear to rise up at the end of the bed — which others compared to a ‘head



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popping up.” The woman added that she felt like she was being watched, but thankfully she was only staying at the house temporarily.

NESSIE MAKES AN APPEARANCE

There is new evidence to support the Loch Ness Monster is still around. Sean Martin of *Express* brings us a video that seems to show a large eel-like creature that many believe isn't an eel at all. The encounter comes from Nessie hunter Eoin O'Faodhagain of Co Donegal, Republic of Ireland. He was monitoring Loch Ness in Scotland and thought “he saw a 20-25 foot Nessie popping three feet out of the water as it swam in Loch Ness.”

The incident followed a small string of other sightings in 2019 and adds to the long-standing legend that something mysterious and possibly prehistoric resides in the Loch.



INVESTIGATOR SHARES AUDIO OF BIGFOOT

Sheena Elzie of *Spectrum News 1* explains that there may be new proof of Bigfoot. Marc Dewerth has been investigating Bigfoot for “over 30 years” and is a volunteer investigator with the Bigfoot Field Researchers Organization. Dewerth has investigated more than 300 reported Bigfoot sightings in Ohio and knows there are Bigfoots there.

During a presentation earlier this year at a local library in Ohio, Dewerth played a recording of what he believes is a Bigfoot sound during a presentation, which you can hear at [this link](#). His own Bigfoot encounter is compelling: “I went into an old strip mine looking for badger dens, and on the way out, I got followed out. And, lo and behold, on the side of the strip mine, there it was. And it stood up and looked at me,” Dewerth told *Spectrum News*.

Because some Bigfoot sightings end up being misidentification of known animals, Dewerth “takes his message across the state” to spread his knowledge about Bigfoot so that others know what to look out for.



GHOST HUNTERS LOOK FOR RUDE GHOST

Paranormal investigators Christine and Dave Thomas recently captured some interesting audio at Dead Woman's Ditch in Somerset, England, an area that is said to be the home of an extremely angry and foul-mouthed female spirit in white. In fact, the ghost hunters caught a voice of a woman telling them to “F*** off!” according to Adam Aspinall of the *Mirror*.

Other strange occurrences reported at the location include things being thrown, the word “hello” being whispered in people's ears, and visible apparitions. One person claims they saw “an old man walking towards [them] with a dog,” but after they looked away for a few seconds, the man disappeared. Clearly the area is a hotspot of paranormal activity.



UFO LANDING SITE DISCOVERED IN ENGLAND

It is unnerving to think that aliens know more about us than we do about them. But since there is evidence that they have been on our planet, it is almost definitive. A man in Plymouth, England, claims to have found even more evidence of alien visitation, according to Courtney Pouchin of the *Mirror*.

Ben Landricombe recently “came across a flattened area of woodland where a number of trees had snapped and fallen down.” He believes this to be a UFO landing site, describing the area as eerie. He also heard “weird sounds and felt like he was being watched,” according to the *Mirror*. While skeptics claim that the wind may be to blame for the sights and sounds at the location, Landricombe's photos seem to tell a different story.

According to a Forestry England spokesperson, “The nation's forests are no stranger to UFO sightings, as debate continues to rage about the legendary 1980 sighting in Rendlesham Forest, Suffolk.” ♦



Rick Hale

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By RICK HALE

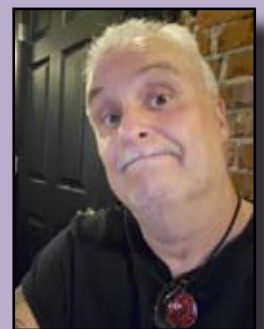
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10 MIND-BENDING HORROR SHOWS LIKE 'DARK' YOU CAN WATCH TONIGHT

BY SARAH GERLIN, THE LINEUP

In the years following its U.S. debut, *Dark* has become one of the most talked-about sci-fi horror shows around. The first German-language program ever offered on Netflix, this complex series consistently leaves your heart racing and your mind spiraling. *Dark* undeniably holds a special place in the hearts of genre fans everywhere. Yet the show's multi-layered narrative and its cast of compelling characters make it a must-watch for anyone who enjoys fantastic, thrilling television.

Dark premiered its third and final season in 2020. Although the end of the show is certainly a loss, never fear. There's a horde of mind-bending horror shows like *Dark* out there that capture the spirit of the German series — be it shows centered on families reeling from their haunted pasts to tales of the dead returning to life or bands of kids searching for their friend trapped in an alternate dimension.

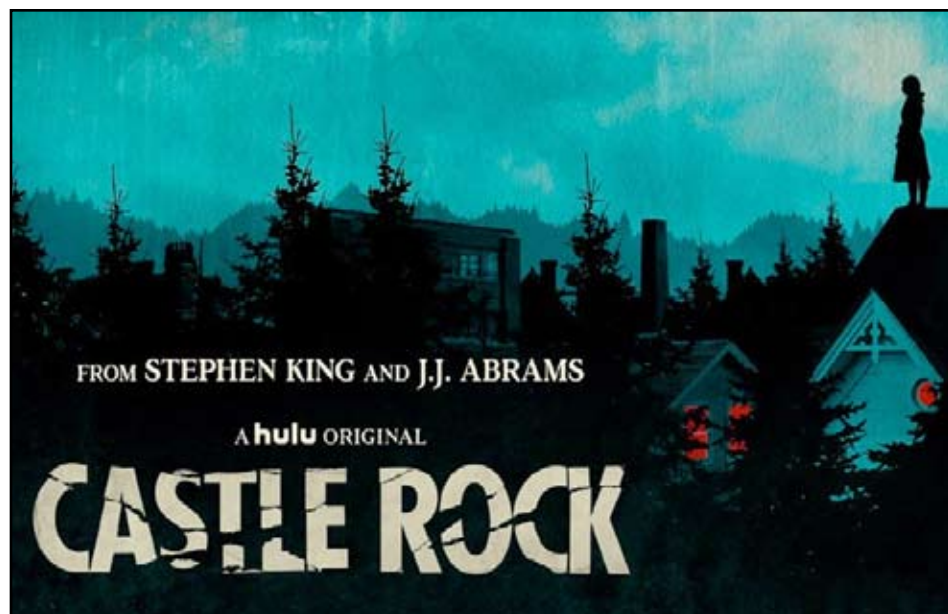
As *Dark* put it best: "There are things out there that our little minds will never comprehend." The following horror shows like *Dark* will keep you watching long into the night. But viewer beware: Just like *Dark*, you may find it a little difficult to fall asleep after watching.

1. *The Outsider* (2020)

The Outsider is a faithful adaptation of Stephen King's horrifying novel of the same name. A missing boy's corpse appears, sexually assaulted and covered in human bite marks. The perpetrator is quickly found — video and DNA evidence proves it had to be the boy's baseball

coach. The coach maintains his innocence, and separate, undeniable evidence supports him.

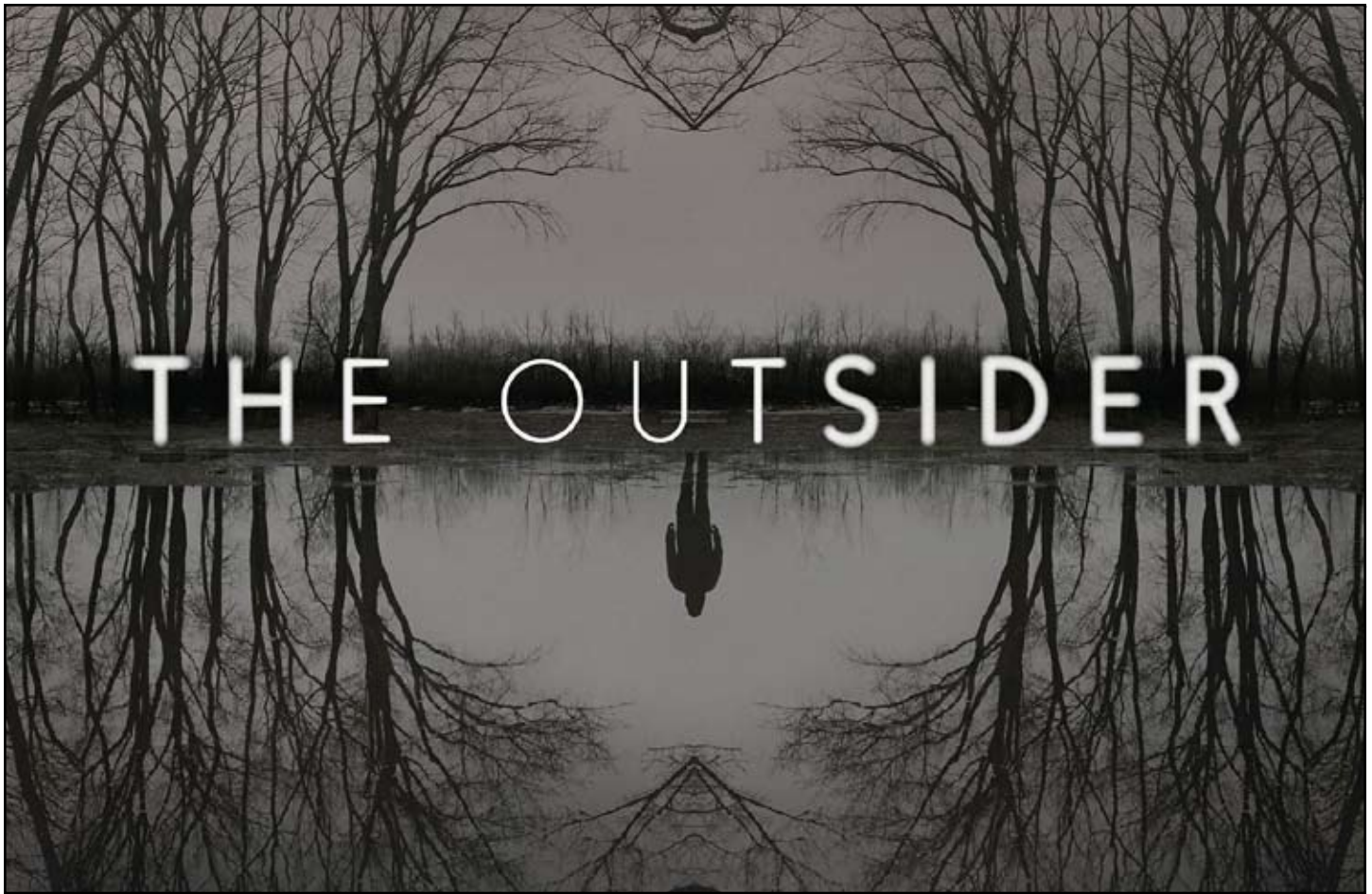
But how can a person be in two places at once? As tragedy spreads like a disease, a disfigured being seen at all the crime scenes might be the one worth investigating. Excellent performances by Jason Bateman, Cynthia Eviro, and Ben Mendelsohn make *The Outsider* one of the best miniseries of 2020.



2. *Requiem* (2018)

A six-part series, Netflix's *Requiem* follows a celebrated cellist who, after her mother's suicide, finds a box full of newspaper clippings about a girl who went missing from their Welsh town years before. She quickly becomes convinced that she is the missing girl, but the truth is far stranger than that.

A violent cult soon becomes aware of her investiga-



tion, and what follows is nothing short of terrifying. Like *Dark*, *Requiem* deals with the idea that there is so much we don't know about this world and ourselves.

3. *The Haunting of Hill House* (2018–present)

Loosely based on Shirley Jackson's novel, Netflix's *The Haunting of Hill House* stars a family running from their past. The season switches between two timelines, slowly revealing the paranormal occurrences and subsequent tragedy that forced the Crain family to flee Hill House years before.

Like *Dark*, we start to learn that the siblings' shared past is tied to their present. Netflix announced that the second season of the show is based on Henry James' *The Turn of the Screw*, and we can't wait.

4. *Stranger Things* (2016–present)

The show *Dark* is most often compared to *Stranger Things*, which is set in 1980's Indiana. The hit Netflix series revolves around a young boy's disappearance, his friends' determination to find him, a girl with mind-bending abilities, and a twisted mirror of our world called "The Upside Down."

Plus, Winona Ryder makes her comeback as the miss-

ing boy's unstoppable mother. Season 3 came out in 2019, and production on season 4 has been halted, so it might be a little while before there's more *Stranger Things* to watch.

5. *Grace* (2014)

Produced by HBO Asia, *Grace* is a true horror show. A bride is found hanging in a hotel room on the hotel's abandoned floor. Unexplainable incidents soon follow, such as people finding glass in their mouths.

Like *Dark*, the family of the bride is hiding a dark secret that just might be the cause of all the horror. At only four episodes long, *Grace* is a show you can watch in one sitting.

6. *Castle Rock* (2018–present)

We all know about Stephen King's nightmarish version of Maine; many of the horror author's narratives are set in and around the fictional town of Castle Rock. Hulu's *Castle Rock* is an anthology series set in King's town and inspired by his storytelling.

We get to visit the Shawshank State Penitentiary, cross paths with nurse Annie Wilkes, and meet Jack Torrance's niece — all while exploring the murky space between good and evil, dark and light, right and wrong.





7. *Twin Peaks* (1990–1991, 2017)

A homecoming queen is murdered in the fictional town of Twin Peaks, and an FBI agent and the local sheriff team up to investigate. *Twin Peaks* was canceled in 1991 after two seasons, ending on one of the biggest cliffhangers in television history. The show now stands as one of the greatest television series of all time.

In 2017, co-creators David Lynch and Mark Frost revived *Twin Peaks* for a long-awaited third season. Much like *Dark*'s co-creators, Baran bo Odar and Jantje Friese, Lynch and Frost love to leave their fans with more questions than answers.

8. *Les Revenants* (2012–2015)

Although A&E remade this show for American viewers, the original French version, *Les Revenants* (*The Returned*), is inarguably the better of the two. In a small French town, the dead have reappeared, alive and well. This might seem like a cause for celebration, but horrible occurrences follow their return.

Occult markings begin appearing on both the living and the revived, the town's reservoir is drying up, and whoever murdered some of the dead has come back to life as well. Haunting, mystifying, and twisted, *Les Revenants* is the kind of show that sucks you in, just like *Dark*. At only two seasons long, it's easy to binge.

9. *The Secret of Crickley Hall* (2012)

Another book adaptation, *The Secret of Crickley Hall* is based on Joe Ahearne's 2006 novel of the same name. This show has two timelines, set decades apart. The present-day timeline follows the Caleigh family after they rent Crickley Hall and their child's ensuing vanishment from a playground.

The second timeline is primarily flashbacks to WWII-era England, when Crickley Hall was a home for orphans evacuated from London. The Caleigh family begins to find out that Crickley Hall's tragic history might have something to do with their missing son. Like *Dark*, the past and present collide with transfixing results.

10. *The OA* (2016–2019)

After seven years, a missing and adopted teen girl reemerges, now calling herself the "Original Angel" (or "The OA"). Formerly blind, she shows up with both her sight restored and scars covering her back. Refusing to tell the FBI where she has been, she gathers a group of four teens and one teacher and asks for their help saving others from a separate dimension.

Although planned to be five seasons long, *The OA* was canceled after two, ending on a cliffhanger. But if you loved *Dark*, Netflix's *The OA* is well worth adding to your list of shows. ♦

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Do ETs Go TO ... HEAVEN?

By Bob Fountain, Spectral Tech

One night I was having a discussion with a friend about nothing in general, but because of what I do — paranormal investigation — the topic turned to the paranormal and the many aspects of the field.

My friend said he believed in ghosts and spirits, was on the fence about cryptids, but thought entities visiting us from other worlds was nonsense. This specific separation of beliefs is not an uncommon point of view. Because of one's worldview, life experiences, religious beliefs, and other factors, one develops their own very personal belief system as to what is real or not. I know others who swear cryptids, such as Bigfoot are real, but would have to see a ghost or alien in person to even consider they were a reality.

I asked my friend a question I often use to get people thinking about the metaphysical aspects of reality: "Since there has been several reports of UFO crashes and dead aliens recovered over the years, do you think the alien's spirit remained on Earth as an earthbound ghost, or did its spirit return to its home planet? And if it made its presence known to him as a ghost, which he already believed in, would his view of the existence of aliens change?"

His answer was quick ... and perplexing. He said that aliens had no souls, and when they died, they would go to Hell. Since it is not my place to judge anyone's beliefs, I changed topics, but his comments stuck in my mind. How could a person go from not believing in aliens to knowing these nonexistent beings (in his mind) had no souls and would go to Hell when they died?

Obviously, his religious belief system influenced his opinion, but being a metaphysical minister, the question for me was if aliens had souls and if so, did they go to Heaven when they died?



Although there are many ancient texts detailing beings from the sky and other worlds, the *Bible* says next to nothing about aliens, let alone if they have souls or not, nor does it mention beings living on other worlds. By our definition, Jesus, the Angels, and even God could be considered aliens since they did not originate on our planet. It could also be pointed out that the *Bible* was written for man and for this world by our creator. It is possible that a



similar book was created for every world that has sentient beings with a soul by our creator as well?

Since there are roughly 4,200 religions and denominations in the world today — all of which have their own interpretation of what a soul is — it is a subject that needs to be carefully navigated, especially since I don't want to get burned at the stake! For many, the soul is the spiritual energy consciousness that is contained in a material vessel (body) and returns to its creator when the body dies. How it is returned to its source, and if it is judged, is left to one's religious beliefs. The fact that alleged encounters with aliens indicate that they are intelligent and conscious

beings would allude to the likelihood that they do indeed have souls.

So, the question remains, do they go to Heaven? Assuming when they died, and having met all the requirements to get into Heaven, the question arises as to where are they?

There are volumes of stories from psychics and near-death experiencers giving testimony as to what they saw on the other side of the veil. Not once have I ever heard that they saw a gray being with a big head and black eyes standing next to a deceased loved one. Never heard of a mantis-looking being or reptilian ET meeting you at the pearly gates either. Jesus mentions that in his Father's house, there were many mansions. Since mansions in the time of Jesus was far different than what would be considered as a mansion today, could it have a different meaning altogether?

Is Heaven set up like Disney world where there is Frontierland, Adventureland, Fantasyland, etc.? Are there similar divisions in Heaven where each sentient species lives? Or could it be that we are all pure conscious energy and there is no such thing as humans, aliens, or anything else? We are all one?

Only time will answer these questions for us all, but you can certainly liven up a dinner party by asking these questions, and possibly get burned at the stake. ♦

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HAUNTED TORQUAY MUSEUM: A TREASURY OF GHOSTS



By Rick Hale, Psychical Researcher

With all the talk of haunted items taking up the imaginations of paranormal researchers these days, you would expect to hear that more museums are paranormal hotspots. Unfortunately, this is not the case. Either it's because these great institutions of knowledge are not haunted or they don't allow their hauntings to reach the public because they just don't want that kind of a dubious reputation.

Nevertheless, some museums don't appear to have a problem being known as a place where the dead eternally roam. Torquay Museum in Torquay, England, on the English Riviera, not only embraces their ghosts, the museum actively encourage paranormal enthusiasts to come and experience their ghosts for themselves.

Fun for the Whole Family

Since 1874, this Grade II-listed museum is considered to be one of Britain's most respected museums. For generations, the Torquay Museum has welcomed countless people to come and explore its many ancient and contemporary artifacts. Included in its exhibitions are Britain's oldest fossil, the mummy of a four-year-old boy who died over 2,000 years ago.

If you're a fan of mystery novels, you will certainly enjoy the Agatha Christie gallery, detailing the author's work.

And you and your family can explore Kent's Cavern and a reconstructed Devon farmhouse from the 1860s.

Although there is much to see here, there is one added feature at the Torquay Museum — the ghosts that are believed to roam the building.

The Haunting at the Museum

The museum has become a popular investigation venue for paranormal enthusiasts from all over the United Kingdom ... and anyone with the courage to spend the night among its very active ghosts.

A great deal of evidence in the form of photographs and CCTV footage has been captured in the museum. And it's believed these ghosts may very well have come with the artifacts that make up the museum's collection.

Devon Farmhouse Ghosts

The evidence that put the museum on the radar of paranormal researchers was a photograph taken in the Devon farmhouse. The picture shows the ghostly image of a young woman wearing period clothes from the Victorian era.

The picture has gone viral on the Internet and has attracted a great deal of media coverage, both national and international. Many in the paranormal community



Ghostly phenomena at Torquay Museum include ghostly apparitions, a mischievous poltergeist, disembodied footsteps, and fingerprints spontaneously appearing inside a mummy's case.

consider this clear picture of an apparition to be the best evidence supporting the existence of ghosts.

Tiny Fingerprints

Curious things have popped up on the case of the mummified child before the shocked eyes of onlookers. Tiny fingerprints have spontaneously formed on the inside of the case — a case that has not been opened in a decade.

Some believe the long dead ghost of the child is attempting to escape from the glass enclosure that holds his tender soul captive.

Poltergeist Activity

Visiting ghost hunters aren't the only people that have been fortunate enough to capture strange activity on camera. The museum's CCTV is actively capturing proof of the afterlife. Security personnel have witnessed the exploits of a rather unfriendly poltergeist that delights in making a mess of the museum's shop.

Books, leaflets, and souvenirs have been witnessed flying through the air guided by an unseen hand.

This poltergeist is considered to be nothing short of a nuisance, as museum staff have to clean up the shop before opening for the day.

Apparitions and Footsteps

Although this activity may be stunning, the ghostly inhabitants of the museum are not shy in showing themselves. Staff and patrons alike have witnessed several distinct apparitions.

One apparition shocked museum visitors when it manifested and disappeared through a bookcase in the museum's library.

Lastly, patrons have complained of heavy footsteps following them throughout the museum and the eerie feeling of some unseen person watching them. No one has ever been able to ascertain who these ghosts were in life. But, they are some of the most active ghosts in all of Britain.

Book an Investigation

Torquay Museum is a haunted location that has embraced its ghostly residents. Either you or your paranormal group can book nightly investigations that run from 8 p.m. to 2 a.m. Or, if you're brave enough, you can book an overnight investigation that goes from 8 p.m.-9 a.m.

Also, guests can sleep in the Explorer's Gallery. And museum staff provide unlimited coffee, tea, and snacks in case you need a pick me up as you investigate. ♦

UFO OVER BATH: PARANORMAL HOTLINE REPORT ARCHIVE

By Paul Dale Roberts, Halo Paranormal Investigations

Halo Paranormal Investigations receives many hotline calls, and we received a call back in May 2007 that I wanted to share with you. The call is from Steve Montgomery of Bath, Somerset. Below is our interview conversation.

Paul: Paranormal Hotline. How can I help you?

Caller: Hi, my name is Steve. I'm calling about the Alderney UFO sighting. Did you hear about it? [Writer's note: Steve is talking about the 2007 Alderney UFO Sighting that took place on April 23, 2007.]

Paul: Yes I did. Were you involved with this sighting?

Steve: No, but I found it interesting, because reports indicate that they were emitting very bright yellow lighting. I had an experience like that in Bath, England. I witnessed a UFO that was emitting a very bright yellow light.

Paul: Were you vacationing in Bath?

Steve: No, I lived there. I now live and work in San Diego.

Paul: What was your experience in Bath and sighting a UFO?

Steve: Well, in June of 1992, when I was living in Bath, Somerset, I took my girlfriend to Fairy Wood for a bit of sightseeing and a nice stroll. I think it was about a quarter past 6; my girlfriend and I noticed a couple of trees shaking. We thought this was very unusual.



This is something I have not really discussed with too many people. I have people who have questioned my sanity when I relate this story to them. I hope you will not think I am loony. [Writer's note: I found this comment interesting, because fairies are at times associated with aliens and UFOs.]

Paul: Steve, you have my ear on this. I've had many strange paranormal experiences; so, no, I will not think you are crazy. Please go ahead with your story.

Steve: My girlfriend and I saw a very bright yellow object in the sky. The object looked to be the size of a small Cessna aircraft, and then we heard a popping noise. The popping noise came from the object that was emitting a bright yellow light. The object was now about 3 feet in length and 2 feet in height. Somehow it went from being a large object to a small object.

This now small yellow-lighted object landed on a high tree limb, and the yellow light from the UFO started pulsating. The air felt thick and heavy, and the air seemed like it was flowing like Jell-O. It's hard to explain.

Paul: I think you were experiencing the Oz Effect, where everything is surreal. What was the shape of the UFO when it was large and when it was small?

Steve: When the UFO was large and when it was small, it was globe shaped at all times. The object

stayed on the branch for about maybe five minutes.

Everything seemed to move in slow motion.

When the object finally left the branch, it basically blinked out and was gone. It was very surreal.

Paul: Was there any missing time?

Steve: No. In fact, when it blinked out, everything was back to normal. My girlfriend and I were not walking in slow motion like before.

Paul: So, it just blinked out? It didn't speed away?

Steve: Yes, it blinked out. It vanished.

Paul: Did you contact MUFON or any other UFO network?

Steve: No, I thought people would think I was crazy. Time has passed and I feel more comfortable talking about it. ♦



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DEVIL MADE ME DO IT

The Demonic Murder Case Behind 'The Conjuring 3'

By Orrin Grey, The Lineup

The twisted story of Arne Cheyenne Johnson, also known as “The Devil Made Me Do It” case, comes directly from the case files of demonologists Ed and Lorraine Warren. You might recognize the controversial ghost hunters from the *Conjuring* movie franchise, where the real-life couple is played by Patrick Wilson and Vera Farniga.

While the various spin-offs of the franchise have gone in more overtly fictional directions, the core titles have stuck closer to their “inspired by true events” logline: 2013’s *The Conjuring* covers the haunting of the Perron family, while 2016’s *The Conjuring 2* centers on the Amityville horror and the Enfield poltergeist.

The third installment — scheduled for release on September 11, 2020 — looks to be no exception. For the new movie, titled *The Conjuring: The Devil Made Me Do It*, filmmakers are digging into the case of Arne Cheyenne Johnson, the first known person in America to attempt to use demonic possession as a defense plea in a murder trial.

A Demonic Influence?

On February 16, 1981, Johnson, then 19 years old, stabbed his landlord several times with a five-inch pocket knife. It was the first murder on the books in the 193-year history of Brookfield, Connecticut. According to Johnson, however, while his was the hand that held the knife, the murder was committed by a demonic force that had overcome him.

For Johnson’s victim, the story ended there. But for Johnson and the Warrens, it had started months earlier, when 11-year-old David Glatzel allegedly had a strange encounter. Glatzel’s older sister, Debbie, was Johnson’s fiancée. David Glatzel, Debbie Glatzel, and Johnson were



cleaning up a rental property when David told them that an old man had appeared, pushing and threatening him.

At first, the couple wrote it off as a kid trying to get out of doing his chores, but David remained adamant. The odd sightings not only continued — they increased in both frequency and intensity. At night, David would wake up sobbing, describing visitations by a “man with big black eyes, a thin face with animal features and jagged teeth, pointed ears, horns, and hoofs.”

The Glatzels asked a priest from nearby St. Joseph’s Catholic Church to bless their home, but David’s frightening encounters continued unabated. Over the next few months, he gained 60 pounds in rapid succession, and family members had to sit up with him through the night. David would suddenly jerk awake at all hours to hiss, growl, speak in strange voices, and “suddenly begin reciting passages from the *Bible* or from Milton’s *Paradise Lost*.”

His nocturnal visitor also began making daytime appearances, during which it took on the more innocuous shape of “an old man with a white beard, dressed in a flannel shirt and jeans.”

A Desperate Call for Help

In desperation, the family called upon self-styled demonologists Ed and Lorraine Warren. When the couple first interviewed the family, Lorraine reported seeing “a black, misty form next to [David], which told me we were dealing with something of a negative nature.”

During the course of David’s possession, the Warrens had feared that they were “sitting on a powder keg.” In October 1980, the Warrens contacted the Brookfield police and warned them that the situation was growing increasingly dangerous. “David made numerous references to murder and stabbings,” Lorraine claimed.

David complained of being choked and hit by invisible hands, and witnesses reported that red marks appeared spontaneously on his body. As the situation worsened, the Warrens claimed to have been present at “three lesser exorcisms” in an attempt to rid the boy of whatever dark spirit was troubling him. Four priests from St. Joseph’s were said to have been in attendance.

During these “lesser exorcisms,” David purportedly levitated, ceased breathing, and gave the names of the 43 demons that were possessing him. In desperation, Arne Cheyenne Johnson, who was present at the exorcisms, demanded that the demons leave David alone and possess him instead.

After the exorcisms failed, Johnson was in a car accident during which he claimed that a demon took control of his vehicle and forced him off the road and into a tree. He was unharmed, but determined to do something to try to put an end to the demonic activity.

According to an episode of the Discovery Channel series *A Haunting*, which aired in August 2006, there was a well on the same rental property where all the trouble had started. The Warrens warned Johnson not to investigate the well, but after his car accident, he did just that. Johnson recalls making eye contact with the demon in the depths of the well. According to Johnson, this was the last time that he was completely lucid until after the murder.

Shortly thereafter, Debbie Glatzel and Arne Cheyenne Johnson moved out of the Glatzel home, which was becoming unbearable. Debbie had been hired by Alan Bono as a dog groomer at the Brookfield Pet Motel, and the couple also rented a nearby apartment from Bono. But Debbie began to fear that they had brought David’s demons with them.

Johnson, who had played Little League and sang in



The case of Arne Cheyenne Johnson was dramatized in a TV movie called *The Demon Murder Case*, which premiered on NBC in March 1983. The movie featured a very young Kevin Bacon playing the role of the possessed boy who, in the movie version, goes on trial for murder.

(Photo: Everett Collection)

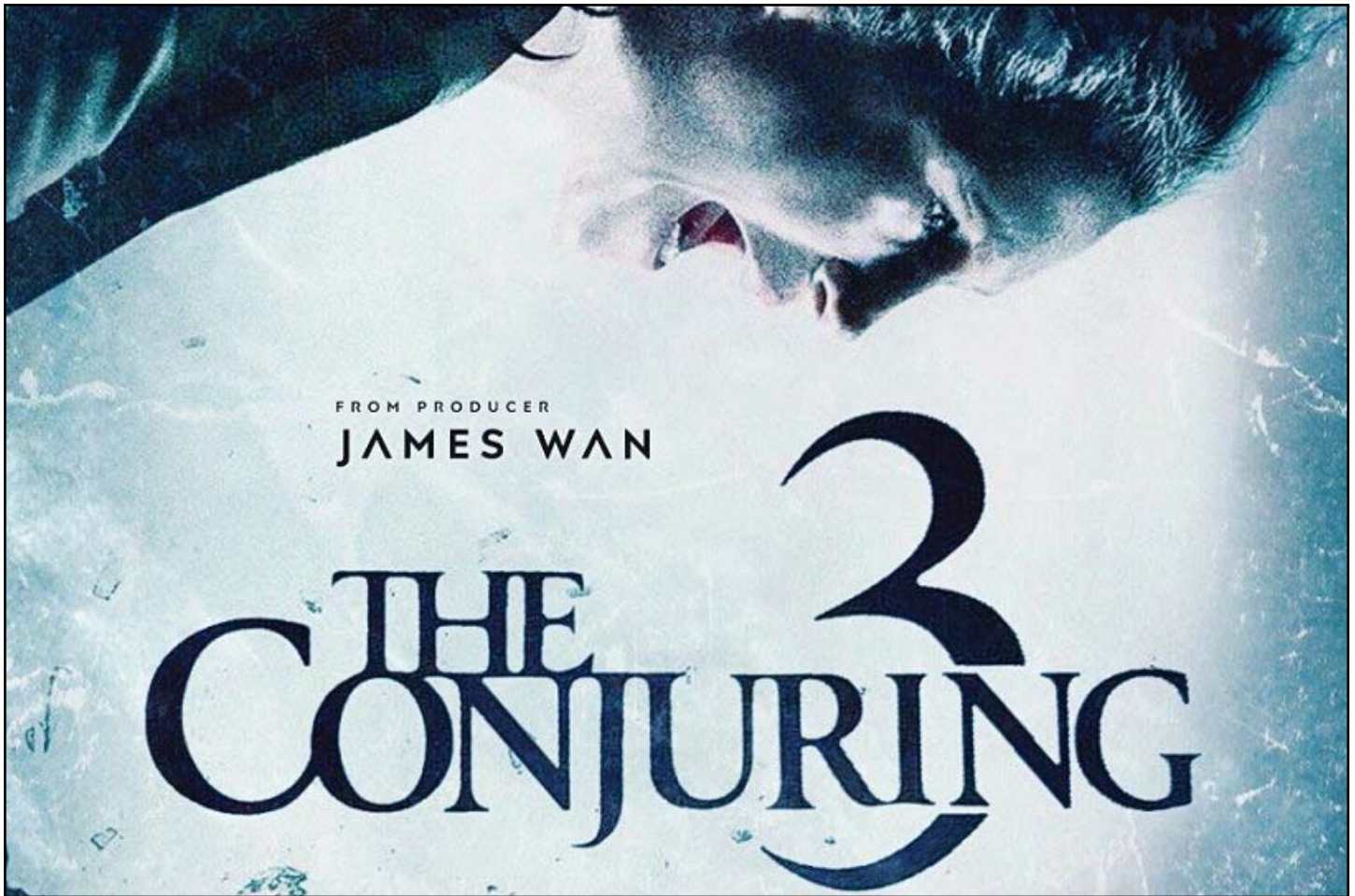
the church choir when he was younger, would “growl and say he saw the beast,” Debbie recalled. “Later he would have no memory of it. It was just like David.”

An Unexpected Murder

On February 16, 1981, Johnson called in sick to work and joined Debbie at the Brookfield Pet Motel. Bono took them all out to lunch at a local bar, where he apparently drank heavily. Later in the day, there was an altercation, at which point Johnson stabbed Bono repeatedly while “growling like an animal.”

When it came time for the trial, Martin Minnella, Johnson’s attorney, attempted to enter a plea of “not guilty by reason of demonic possession.” While this was the first time such a plea had been attempted in the United States, Minnella cited two cases in England where similar pleas had been used — although neither case ever went to trial.

Lorraine Warren agreed that Johnson had been possessed at the time of the murder, and Minnella planned to fly in experts from Europe and subpoena the priests who



had been involved in the exorcisms of David Glatzel — none of which ultimately came to pass. Robert Callahan, the presiding judge in the case, rejected the plea, arguing that such a defense would be impossible to prove and that testimony on the subject was irrelevant and unscientific.

Ultimately, Johnson's legal team entered a plea of self-defense. However, the jury was not persuaded of his innocence. On November 24, 1981, Johnson was convicted of first-degree manslaughter and sentenced to 10–20 years in prison, though he served only five. Upon his release, he married Debbie Glatzel.

The bizarre events surrounding Alan Bono's murder were published in a book called *The Devil in Connecticut*, written by Gerald Brittle in collaboration with Lorraine Warren. The case was later dramatized in a TV movie called *The Demon Murder Case*, which premiered on NBC in March 1983. The movie featured Andy Griffith and a very young Kevin Bacon playing the role of the possessed boy who, in the movie version, goes on trial for murder.

Controversy Surrounding the Case

In 2006, *The Devil in Connecticut* was re-released, prompting David's older brother, 42-year-old Carl

Glatzel, to sue Gerald Brittle, Lorraine Warren, and the William Morris Agency, who owned the rights to the book. According to Carl Glatzel, his brother David suffered from mental illness and had been exploited by the Warrens.

The book also painted Carl as a villain "simply because I had a sane voice and knew the story was false since the beginning."

Carl isn't the only one to cast aspersions on the Warrens' account of what happened to the Glatzel family. While Father Nicholas Grieco of the diocese of Bridgeport did concede that David's case was investigated by the church, he denied that any exorcism was performed. As for the priests who were supposedly present for the rituals, they weren't talking and were transferred to other parishes after the ordeal.

So did Arne Cheyenne Johnson really believe that he was possessed by demons, or was it just an excuse to distance himself from his deplorable actions?

We will likely never know what happened in the small Connecticut town of Brookfield back in 1981 — though the questions surrounding this chilling true crime case will certainly return come September with the release of *The Conjuring: The Devil Made Me Do It*. ♦



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CREEPY CRATE
BY THE LINEUP

DIMENSIONAL WALKING

... in My Dream State

By Rainbow Radaelli, Truth Seeker Forum

Diaries are full of treasures, especially those forgotten over time. As I started to read my diary, page after page revealed a world I let slip by. I'm going to share with you just a snippet of a life and time in the medicine world.

While the Medicine Man ThunderBow wasn't always easy to understand, he told me how being aware in the waking state affected the dream state, which seemed to make sense. I looked back at my diary and saw that we had called the dream state "dimensional walking." It knocked my socks off, the very fact I had forgotten this and so many other experiences.

* * * * *

Dimensional walking was introduced to me when I was just 20. At first it seemed like too much discipline, and that was the last thing I wanted to do, especially with just being a few years out of high school. I wanted to spread my wings and be totally free of any kind of discipline. ThunderBow would just smile as I would give excuse after excuse as to why that didn't appeal to me, but it seemed like he was always a few steps ahead of me, patiently waiting, knowing I would eventually come around.

Something was still coming at me in my dreams. I would wake up scared, sometimes scream or talk in my sleep. He would pat my shoulder and let me know all was OK. I was safe, and he would mumble a few words in prayer and usually this put me at ease and I would fall back asleep. It was nerve-racking, and even as the days were long in the waking state, my nights were just the same. I could feel something out of reach, out of eyesight, and out of my understanding ready to pounce on me.

ThunderBow said that whatever this was knew I was a medicine woman long before I knew or even had an inkling that this path was even a possibility. I always wondered why he would smirk, because it was never very funny to me. I would feel as if I was running ahead of myself in my dreams, and as I would catch up to myself,



I would see a scary monster. There's nothing scarier than thinking you are the monster you are running from.

At my wits end, I finally decided to follow ThunderBow's instruction and learn how to do dimensional walking. It seemed quite weird, and I was out of my element at first. Meditation is not my strong suite because my mind is a chatterbox with an endless dialogue to keep itself company. Sometimes there would seem to be multiple whispers going on at once whenever I would try to quiet myself. It was as if they would go on autopilot at the hint of any meditation.

To help me learn how to focus on the "now," ThunderBow arranged for my first sweat lodge with some friends. He set up a special ceremony for me so that I

could understand the importance of discipline and focus. This was key to me being able to confront this monster or dark entity that wouldn't leave me alone.

* * * * *

It's important to note that ThunderBow felt I needed something a bit extreme to kickstart my apprenticeship into dimensional walking. With that being said, the sweat lodge was the start of my medicine path. It was an extreme introduction into a world of the unknown and mysterious realm of shadows and magic ... and did I say hot!

There's nothing like feeling like your face is falling off to get your attention. Yes, it was hotter than Hades, and it lasted what felt like an eternity, which was really just over an hour. I crawled in the sweat lodge a bit intimidated, lost and adrift from reality, and crawled out divergent, as if something had breathed new life into me. I was ready to start my tutelage into ThunderBow's dimensional walking, or so I thought.

Step one was easier than I thought it would be because all I had to do was look for my hands in my dreams. Things changed quickly when I achieved this. Then I had to find large hands or hands wearing gloves or rings, etc. Then came inanimate objects, like bowls or vases that had designs painted on them. And then he upped the ante and asked me to find people in certain clothes and colors. Then I searched for small landscapes and trees. And the hardest of all for me was looking at the sky and finding clouds.

I found that I mostly saw color, so ThunderBow said to choose to see in black and white. I didn't like this because I felt like I would get stuck dreaming in a black-and-white world. He assured me that I could turn color on just by intending it like a switch.

The good thing about all my exploration was the monster seemed to stay at bay and I was able to focus harder on my research into the realm of dimensional walking. The idea of dimensional walking has everything to do with your conscious awareness as you go to sleep. It's not just a reminder, but an intention to keep the same awareness in dream time so that the assemblage point (dream body) can move about as if you never went to sleep.

It's also about being aware of what's happening to your surroundings as you sleep. Being out of the body and traversing into unknown dimensions was only part of it. I had to be aware of my body back in my bed in my repose position.

It was when I was at the two-year mark that something quite terrifying happened that changed everything. I can remember to this day how empowered I felt at first, and then the stark reality hit me of being completely vulnerable and unprepared for the consequences of what I was doing.



ThunderBow said my next goal was to find a movie theater. So I went to bed and focused on finding a movie theater. It took a few weeks, but one night within what seemed minutes of falling asleep, I was sitting in the theater with other people. I felt the seat, heard the music playing in the background, and I smelled popcorn. The movie hadn't started yet, so I was just sitting by myself staring at a huge white screen. I then remembered to come back to my body, wake up, and then go back to sleep and go right back to my seat in the movie theater. I did it and was elated the next morning.

* * * * *

The following night ThunderBow wanted me to find rocks to walk on and look for a village or small town. I think he suggested somewhere like the English countryside. I thought that would be quite interesting, so I went into my place of quietude and ventured onwards. At first I remembered almost popping into a rocky place and smelling the dirt. It was almost like I was literally in the country. I looked around me, and there were large trees and bushes on a slanting hill.



I was facing a hill full of rocks that seemed easy enough to climb, so I started putting my hands on the rocks and pulling myself up. As I was climbing up the rock incline, I started to feel tingling in my hands and arms. As I reached the top of the rocky hillside, I saw a country house in the distance, and that's when I got a big whiff of the dirt, flowers, and tiny shrubs up my nose.

I felt the wind on my face, and my hair was blowing to the side. It was the first time I had ever felt the wind, and the shock of it and all the smells in my nostrils made me feel dizzy.

I then saw this auroral glimmer go into my hands and up my arms. I felt as if I was coming alive with this wash of scintillating energy, and I knew without a shadow of a doubt that if I didn't get out of there, I would have fully integrated into the very location I was at. It no longer felt like a dream, but more like an actual place.

I remember thinking to myself, is this dimension like back home? When I could feel the cool dirt beneath my hands, I freaked out and pushed away from the rocks. I started to slide down forgetting that I was on a rocky slope, yelling and grabbing for branches to slow my fall. Then I slowly woke up. I knew something weird had hap-

pened because there was a little bit of dirt on my sheets and under my fingernails. This was a first.

I realized that what I had done seemed beyond me, and when I told ThunderBow what happened, he seemed pleased but very concerned. We had been working toward something that once attained was a whole other ballgame.

He had me take a break from dimensional walking so I could get my bearings back and try again. I never did allow myself after that to go as far into another realm. I held myself back and just couldn't yield to the dangers of uncharted territory.

I know the rules here in this reality, but to do the dimensional walking I realized that there weren't any handbooks on what to do if you find yourself lost in another realm. You can't get cold feet once you are there, and getting back in itself could be a wild ride.

* * * * *

Last but not least, I did the one thing I needed to do. Remember the monster hidden in the shadows of my dreams? Well, I confronted it. ThunderBow had me find a mirror, and he said to look into it and tell him what I saw. It took me awhile — I guess because I was avoiding it — but when I finally was able to find a mirror and look into it, I saw a hideous face looking back at me. I started to back away, when something weird started to happen. It slowly morphed into my face. And there I was left looking at myself, no monster left in sight.

As Medicine Man Black Elk once said, "Sometimes dreams are wiser than waking." In my case, I had found that I had been afraid of myself and my potential.

Philosopher Henri-Frédéric Amiel stated, "Dreams are excursions into the limbo of things, a semi-deliverance from the human prison." It was evident I had freed myself, and I realized that there was so much that dimensional walking could help me figure out and remedy. It was a key to a self-imposed prison. In some ways, I was the prison guard.

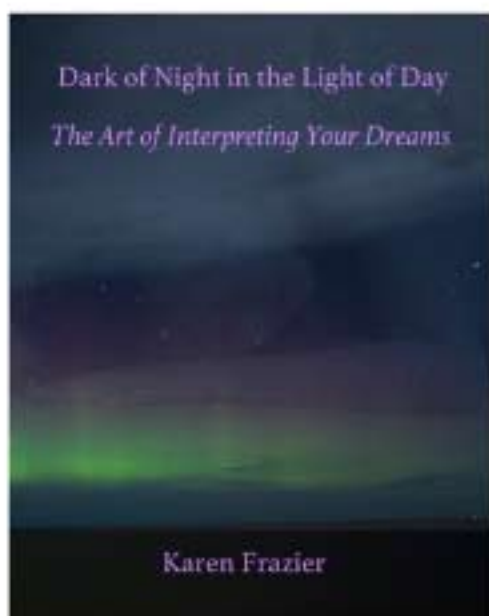
Dimensional walking was an insight into the deeper pool of who I really was. I unlearned cultural esthetics that didn't feel right and had the courage to develop opinions that were solely mine. I also saw that there is so much within myself that is basically uncharted territory.

I have continued at a more cautious level with dimensional walking, and I feel it has integrated into my Third Eye sense of awareness. I haven't looked into another mirror since that impactful experience. I guess if I have one question today, it would be, what would my reflection look like now? I guess I'll have to find another mirror and find out. ♦

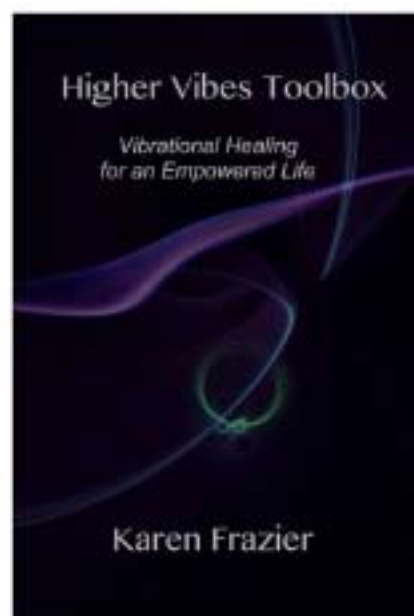
New from *Paranormal Underground* columnist

Karen Frazier

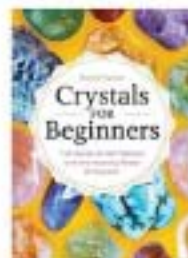
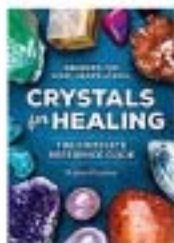
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Also by Karen



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THE HAUNTED HOUSE PACKED WITH HISTORY

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

Our team, Halo Paranormal Investigations (HPI), just completed an investigation of a home in Penryn, California, after received the following startling email message from a woman named Krissti asking for help:

“I think I’m haunted and have been since I was 6. Started with hearing what sounded like my mom, sometimes my dad, calling out my name. Thought it was just in my head until my friends heard it too. Electronics and battery-operated toys would turn on by themselves. Items go missing only to reappear where they were left or in a different place entirely. This also happens to people that live with me.

“It wasn’t until my family moved to Penryn in October 2010 did things change. The main house, built in 1928, is on top of the foundation of a house that burned down in 1901. The barn was built in 1886, and “the cottage” as we call it, was built somewhere between that. The property has been in continuous use since the 1860s as part of Griffith Quarry. The first thing I noticed were the ghost cats. The other stuff, though, is kinda creepy. My radio went from playing Air1, a Christian station, to going to static and then to something evil sounding. It wasn’t quite music, but it was in Latin.

“The downstairs ceiling fan turns on at night sometimes, so does the A/C and heat on occasion. There’s also episodes of unexplained sounds and thuds that happen. On very rare occasions, things have become physical. I’ve had an ice cold hand firmly run down my leg. Last December, I was pushed with enough force to make me stumble. Then, last week, I saw my cat nearly pushed off the bed.

“I’ve tried ignoring these things, praying, telling “it” to stop and go away. I don’t know what it is, if it’s something different from when I was a child, or how to get rid of it. Is this something that your group can help me with?

“I don’t know if this matters, but when I was an infant, my eldest sister was getting into all sorts of bad things — witchcraft, drugs, etc. — and my mom has said that strange



This home in Penryn, California, is the site of extreme paranormal activity, including phantom sounds, physical ghostly activity, and ghost animals.

things happened during that time — like my grandfather’s missing heart pills falling from the ceiling. I have autism and I have sorta died on the operating table.”

About the Property

When looking at Krissti’s home on Google, I get three homes with the same address. I asked her about it, and here is what she had to say...

“What you are seeing on the property is a house, a two-room ‘cottage,’ a detached garage, and a barn. No one has lived in the cottage for nearly a hundred years, it never had indoor plumbing, and a tree grew in front of the back door. But I have excavated near the front door and found the remains of a brick patio and a rare antique frozen Charlotte doll. The cottage is now three rooms; we added a dark room and fixed all the windows and the main room. The only one to live in there is my 19-year-old tortoise.

“The 1928 single-story house has an attached two-story addition built in the 1990s. The ‘activity’ is mainly

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The homeowner felt compelled to excavate near the front door and found the remains of a brick patio and a rare antique, frozen Charlotte doll.

on my side. Like, just a few hours ago, one of my ceiling fans was turning itself slowly and the little pull chains were moving erratically.

"The center portion of the barn was built in 1886 with the left and right wings added in the 1890s. There's a picture of the owners in front of it in their horse-drawn vehicle along with the very young fig tree that is now huge.

"I hope this helps you to have a clearer picture."

The Investigation

The HPI investigators present at the investigation included Deanna Jaxine Stinson, Paul Dale Roberts, Nick Asevedo, Jailey Asevedo, and Alaceo Rosatano.

There was a lot to investigate, including the barn, cottage, and house, plus two basements. Deanna and Nick explored the basement in the kitchen, while Nick and I explored another basement at another part of the home.

The location had ducks, horses, dogs, cats, lizards, and chickens. The animals have a great life at this home.

We captured about six EVPs, one female and the rest males. Deanna picked up on a black ghost dog with long legs. We learned that Krissti was compelled to dig in a certain part of the house and dug up a very old porcelain doll, the size of a small little finger.

I asked the entity what time it was, and it said "night." We talked Spanish and Japanese into the recorder and received the Spanish word "mejo."

Japanese and Chinese workers at one time worked at the Griffith Quarry. There were even quarry rocks still at the investigation site. There were vaqueros once on the land, and we tried to talk to a vaquero specter, and that is when we captured the EVP that said "mejo." During the investigation, a vaquero specter was seen in the barn.


The three dwellings on the property have lots of antiques and other items that look like they should be in a museum. *American Pickers* would go nuts if they walked onto this property, which is filled with amazing, old historic items. This was a very enjoyable investigation. I felt like I walked back in time.

Information on the Doll

Susan Marie at Sacramento Paranormal Help says: "From just looking at Etsy and Amazon pages, it looks like it is made in Japan, probably 1900s. Looks in good shape, except the paint has worn off.

Prior to World War II, Penryn had a lot of Japanese people living there. It would not have been unusual for toys like this to show up.

Special Note: Jailey mentioned that there were many Japanese workers in Penryn at one time, and looking at historical documentation, this was definitely the case. ♦



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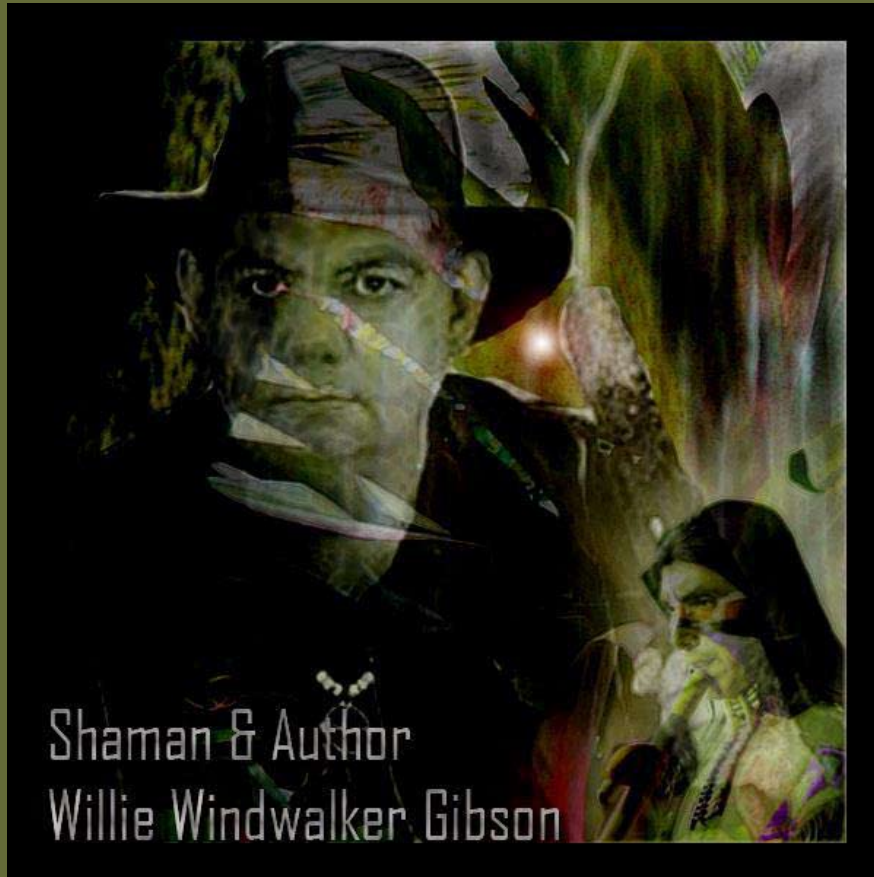
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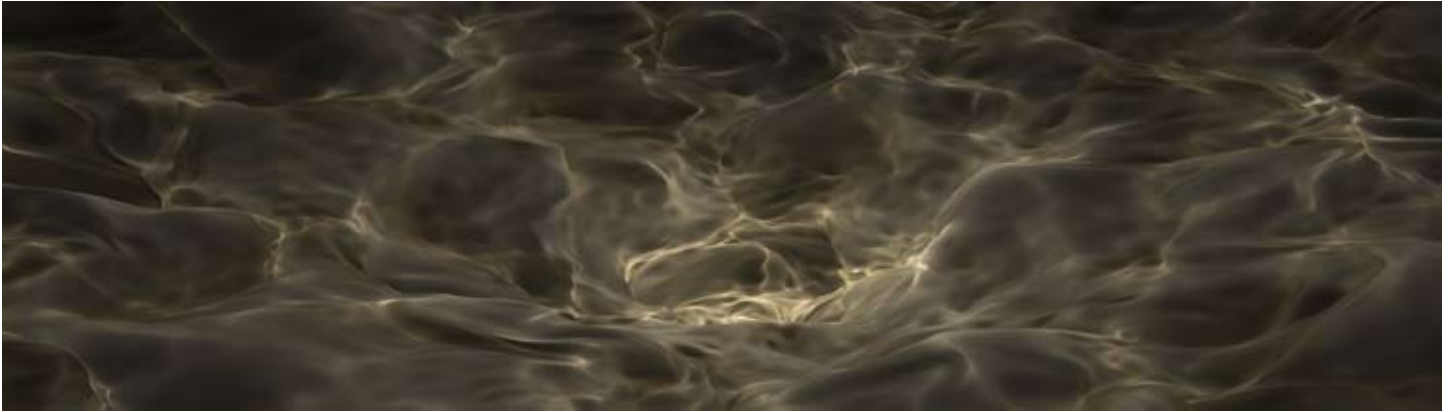
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Clearing Space & Personal Energy With Cleansing Rituals



By Karen Frazier, AuthorKarenFrazier.com

A few years ago, I got conked on the head. Hard. I spent a good part of the remainder of the month in the fog of a concussion with frequent headaches and plenty of confusion. That, combined with a few other minor inconveniences life throws one's way from time to time left me feeling a little flat, slightly down in the dumps, and not quite my normal sunny, optimistic self.

The energy in and around my house and my person stagnated, and when I finally emerged from the fog of my bonk on the noggin, I realized my thoughts and energy from that period left my energetic environment muddled.

So, like any normal, rational person who never does anything that seems strange to other people, I decided it was time to clean up my energetic environment and recharge it so my home, personal energy, and surroundings were filled with my more customary positive energy. I engaged in several cleansing rituals that returned my home to its pre-head-bonk energetic state.

Negative Energy Spirals

While I'm sure we'd all prefer life was constantly sunshine, rainbows, and unicorn farts (which I am told look like rainbow-colored glitter), that isn't always the way things work out. Sometimes life gets you down because stuff happens. You suffer financial setbacks. You have an altercation with someone. A toxic person comes to visit and befouls

your positive vibe. Someone you've known for years suddenly starts acting like a middle school mean girl. Someone you love is ill or dies. You experience a health issue. There can be all sorts of things that can change your personal energy and the energy of your environment.

In the midst of all of these normal day-to-day setbacks, it can be difficult to be a sunshiny, happy, positive thinker all the time.

I believe thoughts become things. We are creative individuals, and the way we think and speak creates and shapes our reality. But when things start to go poorly, it's easy to get stuck in a pattern of negative thinking that energetically contributes to more things going badly. Without intervention, it can become a downward spiral.

Negative thinking begets negative outcomes, which causes more negative thinking, which leads to more negative outcomes ... and on and on it goes. It can be difficult to recognize a downward spiral as it happens, and breaking the pattern may be even harder.

Beyond Environment

Negative energy spirals hurt more than the environments in which we live. They also harm us. Negativity permeates our subtle anatomy (our energy systems). When it does, it weakens our auras, making it easier for harmful energy to move through it and into us.

Once past our aura, the negativity can set into our other subtle anatomy, our chakras and meridians, creating imbalance and blockage that can lead to physical, spiritual, mental, and emotional dis-ease (lack of ease that often results in illnesses of the body, mind, and spirit).

Enter the Cleansing Ritual

I believe there's magic in the cleansing ritual, but maybe not for the same reasons other people do. While I know the methods that follow can help shift energy and vibration, the other reason they work is perhaps even more important: intention.

Engaging in a cleansing ritual sets your intention to convert a pattern of negative energy to a positive one. It symbolically shows you (and the Universe) that you recognize the negative spiral you've been in, and you're ready to begin consciously creating positive energy once again. It is a starting point for you to once again engage in conscious creative positive thought, word, and action.

What Cleansing Rituals Are Not

You've probably heard that if you want to get rid of ghosts or evil spirits, you can burn sage. This is an example of a cleansing ritual. And by the way — I burn sage. I burn the heck out of that stuff.

But burning sage doesn't necessarily mean you are going to get rid of ghosts or negative spirits. Rather, it is a way of clearing out negative energy patterns and creating a space where you can then fill it with positive energy.

What Cleansing Rituals Are

Cleansing rituals aren't about other souls and spirits. They are about you and the energy of your environment, and they are about your own focus and intention. They are a starting point for creating a new pattern of energy within your mind, your space, and your environment.

Types of Cleansing Rituals

Cleansing rituals are largely symbolic, and intention plays a huge role in them. Therefore, while there are some very common cleansing rituals — like the aforementioned sage burning — I recommend people rely on instinct and engage in rituals that create an energetic shift for them. In other words, if it feels right, do it.

Burning Herbs & Incense

Many people are familiar with the ritual of burning herbs or incense. Sage is a commonly burned herb,

believed to clear away negative energy, leaving room for positive energy to enter. When I burn sage, I always follow it with burning something that invites positive energy, such as palo santo (my absolute favorite), lavender, or sweetgrass. You can also burn incense that invites positivity, such as Nag Champa (my other favorite).

To burn incense or herbs, either place the burning herbs in the middle of a space to fill it, or walk with a burning bundle around the space. When I want to cleanse my whole space, I walk around the perimeter of every room in my house with a burning sage bundle. I wave the smoke into every corner, closet, and cupboard, taking time to go around each door and window. Then, I follow doing the same thing with a smoldering stick of palo santo or a burning braid of sweetgrass. I also use the smoldering palo santo stick to draw Reiki symbols by all entrances to my home: doors, windows, vents, and drains to invite Reiki energy to fill my home.



How you go about this ritual or whether you use burning herbs is up to you. What's important is you do so with the intention of creating positive energy within your environment.

Crystals to Cleanse and Energize Spaces

Another way of cleansing is sprinkling or deliberately placing crystals around your environment. I buy crystal chip beads and toss them about and also use a few strategically placed larger crystals. Typically, if I'm strewing crystals about, I'm doing it outdoors in my yard where it won't get sucked up by the vacuum. Larger crystals I place in various locations in my yard and home.

There are many types of crystals you can use depending on how you wish to shift the energy of your environ-



ment. While going into every crystal is beyond the scope of this blog post, I will share a few of my favorites.

- Black tourmaline (and other black stones) absorbs negative energy, keeping it from entering your environment. I currently have black tourmaline chips sprinkled around the perimeter of my property to block negativity from entering.

- Citrine invites prosperity. Placing citrine in your wallet, cashbox, and in the southeast sector of your home or a room can invite prosperity.

- Smoky quartz invites positive energy and shifts negativity to positivity. I have smoky quartz chips sprinkled all around the perimeter of my yard to transmute any energy that comes onto my property into positive energy.

- Rose quartz invites unconditional love into your home. I have strategically placed pieces in my home and yard.

I placed all my crystals after I'd done a sage and palo santo burning ritual. In other words, I put the crystals in place after the energy in my home had shifted from negative

to positive. The outdoors crystals are naturally cleansed by sunlight and moonlight. My indoors crystals I cleanse once or twice a week with smoke from palo santo or incense.

Salt for Personal Cleansing

Another cleansing ritual involves sea salt, Himalayan pink salt, or Epsom salts. Whenever I feel myself slipping into a pattern of negative thinking, I bathe in Himalayan pink salt with a few drops of sandalwood essential oil added to the water. In this ritual bath, I close my eyes and focus on bringing positive energy into my space and person while the negativity drains from my body into the bathwater. Then, I drain the tub completely before I step out to dry myself.

You can also sprinkle sea salt, Epsom salts, or Himalayan pink salt around the outsider perimeter of your home after you've cleansed it with burning herbs. This seals in the positive energy and keeps negative energy at bay. You'll need to replace it every time it rains.

Inviting Positive Energy

You can also use other forms of positive energy and visualization to cleanse your environment. For example, you can close your eyes and envision white light pouring into your home, surrounding you and your home and washing away negativity. You can engage in positive affirmations. Or, if you do any form of energy healing, you can send the energy from you into every corner of your home. This is how I prepare my classroom spaces before I teach, and it's how I prepare my energy healing space before I give someone a Reiki session.

Other methods you can use to create positive cleansing energy include the following:

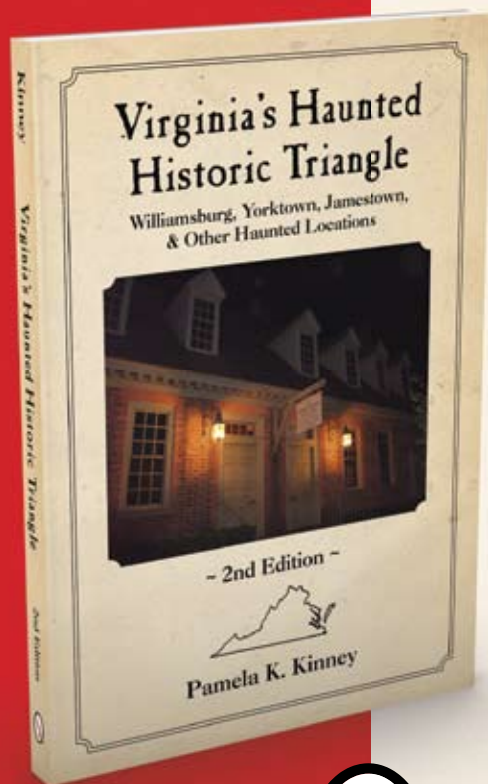
- Use sound rituals, such as solfeggio, singing bowls, drumming, mantras, chanting, tingshas, or tuning forks throughout a space.
- Play beautiful music that uplifts you, and allow the music to fill the space.
- Spray essential oils diluted in water throughout a space or anoint spaces with herbal concoctions.
- Use prayer or affirmation to fill a space with positive energy or unconditional love.

Essential Oils Clear Energy Too

Like other energy-healing tools, essential oils have a high vibration that can entrain with the energy of spaces or living beings to help raise the vibe and bring about cleansing. There are many ways you can use essential oils. Here are a few of my favorites.

- Put an essential oil diffuser in rooms where you spend a lot of time or where you want to transform the energy.





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- Make sprays and either spray it in a space or spritz it in the air over your head and allow it to shower down on you.
- Make homemade cleaning products and add essential oils (I put mine in a household steamer that I use to steam clean countertops, sinks, and more).
- Add them to unscented laundry detergents and dryer sheets.
- Add them to unscented shampoos, conditioners, lotions, and liquid soaps.

Good Juju Essential Oil Cleansing Spray

I use this spray — or a variation of it based on the needs of a healing partner — when homeowners or businesses are stuck in negative patterns and really need positive changes to occur. To use it, shake it well and then spray it around the inside perimeter of the house, building, or room.

- 4 ounces water
- 1 tablespoon Himalayan pink salt (or sea salt)
- 2 drops cedarwood (releases past hurts, purification)
- 5 drops lavender (for peace, love, and purification)
- 4 drops lemon (breaks inertia)
- 3 drops ginger (protection and success)
- 2 drops eucalyptus (banishes negative energies)

Spirit Crossing Spray

Sometimes, spirits request assistance in transitioning to the spirit realm. I use this spray, which contains sacred funeral herbs, to assist with the transition. Spray in the area as you continue with any other spirit-crossing rituals in which you engage. Note: This does not force spirits to cross. It only aids them if they wish to go.

Mix the following ingredients in an eight-ounce spray bottle:

- 6 ounces water
- 1 tablespoon Himalayan pink salt
- 6 drops sweet marjoram (assisting in transition)
- 8 drops rosemary (traditional funeral herb)
- 4 drops myrrh (rites of passage)

Meditation Blend

This blend promotes deep meditation. Put it in diffuser with the recommended amount of water and keep in your meditation area.

- 2 drops sandalwood
- 1 drop frankincense
- 2 drops lavender

Psychic Awakening Oil

Dab a little of this on your third eye, either during meditation or whenever you'd like to awaken your psychic abilities. You can also put it in a roller bottle that has amethyst chips in it or has a gemstone amethyst roller to enhance its properties.

Note: Always dilute essential oils in a carrier oil or water if you will be using them on your skin or you may have a reaction.

- 1 ounce sweet almond oil (or another carrier oil)
- 2 drops peppermint
- 1 drop bay
- 1 drop juniper
- 2 drops lemongrass

Prosperity Diffuser Blend

To promote prosperity, mix the following into the recommended amount of water for your diffuser.

- 2 drops sandalwood
- 2 drops pine
- 2 drops cumin

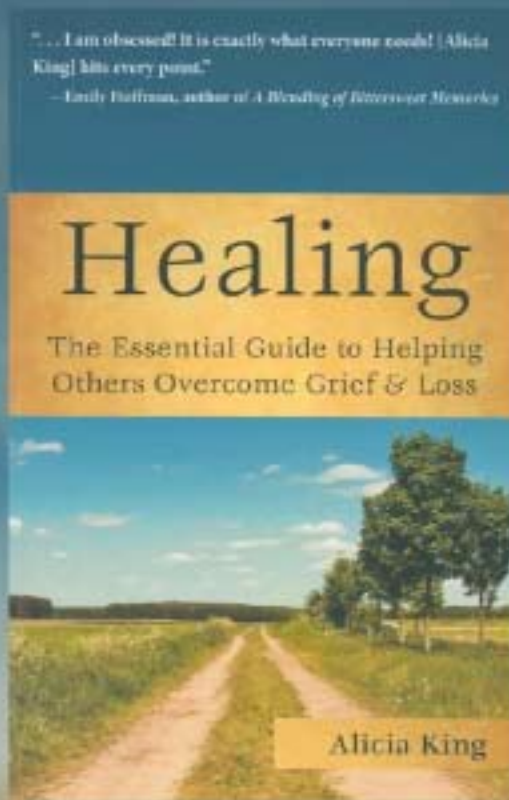
Good Dreams

For peaceful sleep and happy dreams, mix the following into the recommended amount of water for your diffuser.

- 2 drops aniseed
- 2 drops Roman chamomile
- 2 drops lavender

Good Juju

No matter how you choose to cleanse your space, the most important aspect of cleansing rituals is intention. It starts with recognizing the energy in your space has shifted in a way that no longer serves you. Then, by creating a ritual that resets your intention to bring more positive energetic patterns into your life, you can push the reset button and get started on a different path. ♦



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Cultivate the Magic in Children *Through Crystals & Mindfulness*

By Dr. Athena Perrakis, Sage Goddess

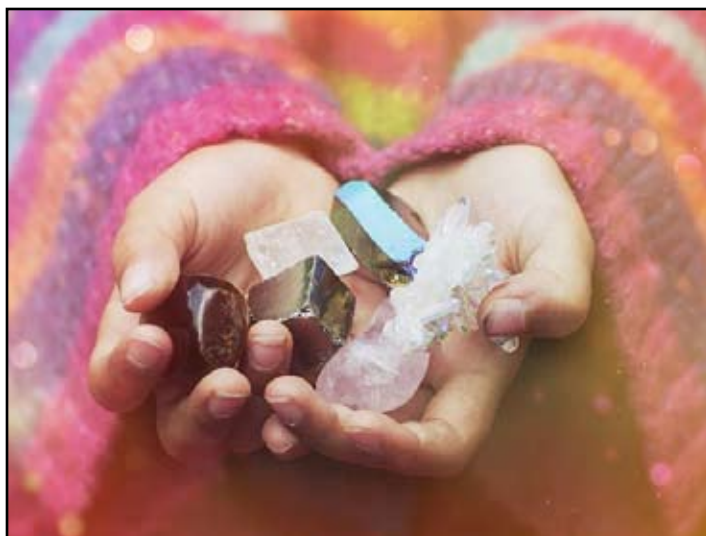
This planet is truly a magical place housing many worlds within it that are just waiting to be discovered and uncovered. As children, we're way more open to those worlds, although it may not be fostered or even encouraged by the adults in our lives who have forgotten the splendor that awaits in each tree branch, speckle of dirt and dust, and stone.

If you're a parent, you might remember that time of life when the imagination roamed wild and free, where curiosity inspired every choice, and a deep sense of play was the order of the day. If you're lucky, you probably have preserved a bit of that magic as you grew into an adult, not completely trading your tiara, glitter, and invisible capes for suits, a bun, and pantyhose.

If you're a parent or even a guardian to a child in some way, I believe a huge part of your responsibility to him or her is to maintain, as long as you can, that sense of childlike wonder and playfulness. I believe we have a duty to foster and encourage the imagination and ensure that the little people in our lives never forget the magic in the world and, more importantly, the magic in themselves. There are many ways to do this, and what I've found most helpful is exposing children to crystals at an early age. This has become one of my missions in life: to cultivate the magic in children through crystals and mindfulness.

Children Are Wise

Children are wise and come to this plane very aware of what they know. They only need a channel to communicate through, and crystals assist with that. Crystals help return the wisdom we forgot; they activate the dormant knowledge within and, in this way, are like mirrors, revealing more of us to us. Working with crystals connects children to their innate wisdom. Just as crystals awaken that knowing and serve as a means of communication for our children, our children often awaken something in us that was dormant. They awaken us to our magic.



Most of adulting is an attempt to get back to that youthful, playful energy, which is something our children teach us just by being (their presence). In many ways, our children are ahead of us. I'm reminded that children are not just our children; they are unique, sovereign beings who, like the rest of us, are remembering who they are and what they already know.

It's the awakening that is most important. We assist in that awakening by simply allowing children to experiment, play, and find out what feels good to them. We are meant to be a conduit for our children's awakening, not an inhibitor of it. In working with crystals extensively over the years and having two little people of my own, I've had a chance to see what works in supporting their journeys.

The ages of 0 to 5 years old are critical years in your child's unfolding. They're learning right from wrong, and it's during this time that their Root Chakra is being developed. As a parent or guardian, our job is to ensure that their basic needs are met, they have a roof over their heads, clothing to wear, food to eat, and other essentials. We are to ensure that they are safe and supported.

From ages 5 to puberty, children are developing their creativity and how to express it in the world. They're developing their Sacral Chakra. And it's when children are typically introduced to Legos that I feel is a good time to introduce them to crystals and sacred space. A good rule of thumb is to start with crystals that they can't put in their mouths.

Below are four tips I've compiled while supporting my children in their journeys of discovery, crystal magic, play, and more.

1) Learn to Trust Your Child's Wisdom by Asking What They Like

As I shared earlier, children arrive here knowing what they know and knowing what they want. A part of our job as parents is to help them remember and to foster an environment that's safe for them to express what they like and want without judgment and ridicule.

When I began to introduce my kids to crystals and creating sacred space, I didn't teach them what to do. I allowed them to observe me and become curious about what I was doing. In this way, I witnessed them instead of teaching them. I asked them what they liked, and they were able to express to me which crystals felt good to them. I didn't impose my agenda on them. I allowed them to show and communicate to me what resonated with them.

This not only provides a firm foundation for them (Root Chakra), but also empowers them in speaking up and stating their truth, which supports and helps to develop a healthy Throat Chakra.

2) Remember to Keep it Simple and Go Slow

Sometimes in our excitement to share and introduce our practices to our children, we bombard them with too much at one time. We can be quick to overload them with essential oils, crystals, and other practices that if not introduced in increments, will zap the fun out of it all. The magic disappears when you take anything too seriously.

To avoid this, take your time and gauge when to introduce another practice based on your child's enthusiasm and interest. If they're more inclined to work with crystals, let them keep working with crystals until they show you they're ready for something else. Remember, witness them more and focus less on teaching.

3) Teach by Doing; They Will Believe You More

We've all heard the adage, "Actions speak louder than words." And this is especially true when it comes to our children. We can tell them a million times to do

things one way or to not do this or that, but they're learning more from the actions we do and do not take.

If you're saying one thing and your actions reflect something different, which do you think your child will trust? You got it: The action. So if you want your little person to learn something, model it for him or her first through your actions and behavior. Trust me, your children are watching and listening and learning even when you don't think they are.



4) Ask Yourself and Your Child, 'Where Are You Right Now?'

A good practice to cultivate that helps with mindfulness and being present is to check in with yourself and your child by asking: "Where are you right now?" Mindfulness isn't just where your body is; it's where your mind is. Even when we think we're in the moment, we're usually off in our minds somewhere else. Your children are likely thinking about what their friends said, stressing about an upcoming test, or worrying about how much everyone likes them.

Feeling anxious or nervous about something usually indicates that we're thinking about something that hasn't happened yet. If we feel sad or regret, it's likely because we're mulling over something that happened in the past. In both instances, we're not in this moment, which is where all the magic is. And, if we took the time to be here now, we'd see that right now isn't bad at all.

Emotions are like waves — they come and they go. It's OK to feel all the feelings; how we work with ourselves and our children in managing it is what we have control over. By asking your children, "Where are you right now?" and following it up with mindful breathing practices and even aromatherapy, you help them come back to and ground in the beauty of the present moment. ♦

BROTHERS OF THE SPIRIT

By Willie Windwalker Gibson

I have been a practicing shaman since the late-'80s. And before that I trained with various shamans and shamans in spirit. The training was very hard, but at the end, I could see why. Having hands-on training was the best way to learn. You can't read a book or watch a TV show and say you're a shaman.

When I first started publicly practicing Shamanism, I was not well-received in the paranormal community. I was called a fraud and con man. I had so-called shamans challenge me every time I turned around. When I accepted their challenges and they found out I was the real deal, those challenges soon went by the wayside.

As my reputation got around, people began to ask me for help. This is why I chose to become a shaman. People would contact me about hauntings and other unexplainable things happening on their land. I have written about many of those cases in this magazine.

I also work with individuals belonging to various religions, ranging from Buddhism to Catholicism. One special relationship I value is with Bishop James Long of the United States Old Catholic Church. The bishop's church is not Roman Catholic and is not funded by the Vatican. In fact, the clergy members have to fund their individual churches. Bishop Long is also the founder of the Paranormal Clergy, an organization that handles paranormal cases. He has performed over 30 exorcisms through his church.

I have known Bishop Long for more than 10 years, and we have worked on a few cases together. Although we come from different religious backgrounds, we serve the same God — or Great Spirit as Native Americans call it. Many of our ceremonies are the same. For instance, while I use sage for cleansing, Bishop Long uses a censor for smoke and cleaning. While I use prayers and spirit guides, Bishop Long uses prayers to God and angels ...



Bishop James Long (pictured above at left) operates the Paranormal Clergy, which assists home owners who are suffering from demonic infestation, oppression and possession. Pictured above at right is shaman Willie Windwalker Gibson.

basically the same ceremony done in a different way. The Bishop accepts what I do as a shaman because he is part Native American himself. He accepts the fact that I have the ability to see and hear spirits, because he also has certain gifts of second sight and healing.

It is said that people who do the work we do suffer from health, family, and financial issues, which both the bishop and I relate to. You won't see a rich shaman or priest! Our reward is to see the people we help have joy and peace returned to their lives.

Doing God's work is hard at times, but we were chosen to do this. And as long as we are able, we will continue to fight evil as "Brothers of the Spirit." ♦



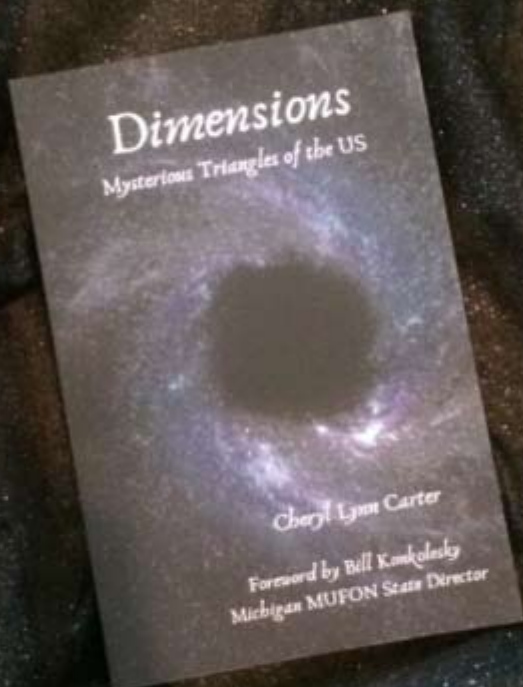
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